



"Prosperous and just society for future generations"

## Group of Helping Hands (SAHAS) Nepal

NEWSLETTER (JANUARY TO MARCH 2019)

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### Field visit to Kalikot

A five day long field visit to Kalikot was conducted from 20 to 25 January 2019 with an objective of learning and gathering information about Chhaupadi and climate change condition and occurrence. Chhaupadi is a tradition associated with the menstrual taboo, in the western part of Nepal, which forbids women and girls from participating in normal family activities while menstruating. The field visit attended by Dr. Surendra Kumar Shrestha, Executive Director, Mimosa Hedberg, Communication Specialist, Felm and Rumi Maharjan Knowledge Management, and Monitoring and Evaluation Officer from SAHAS Nepal. During the visit several interview with the group members were carried out which will be further use in the preparation of communication materials.



### Emergency Education Response for Nepal (EERN) Project phase-out



Emergency Education Response of Nepal (EERN) project started from April of 2018 till March 2019 with financial assistance from UNICEF and STREET CHILD of Nepal. The project was implemented in 86 schools of Okhadhunga, Ramechhap, Sindhuli and Makwanpur districts. A total of 99 Early Childhood Development, 145

School, 140 Recreational Kits supported followed by orientation to 344 teachers Education in Education (EiE) kits. 230 Compact filter supported to enhance the health and hygiene of the students followed by hand washing training. A total of 137 teachers, 62 ECD facilitators, 105 Local Level Authorities, 52 Resource Person, 103 School Management Committee, 90 Parents Teachers Association were trained on School Based Disaster Risk Reduction Training. From the project intervention 86 schools incorporated lessons on natural disasters and preparedness in the course books and developed disaster contingency plan. The project exceedingly helped to be prepared for future prone disasters and increased resilience towards disasters.

## **Memorandum of Understanding (MoU) of SEEDS project with Stromme Foundation**

Socio Economic Empowerment with Dignity and Sustainability (SEEDS) programme is being implemented by SAHAS Nepal in partnership with Stromme Foundation since the November of 2014. Memorandum of Understanding (MoU) was signed between SAHAS Nepal and Stromme Foundation for the second phase of SEEDS project which will be implemented in Rolpa district. The major objective of the SEEDS programme is empowering women, adolescents/youths and children of Dalit and marginalised communities of Rolpa district through different development initiatives.

## **Workshop on Civil Society Organisation (CSO) challenges and opportunities**



SAHAS Nepal participated in the workshop entitled "The new federal structures in Nepal: Experiences, challenges and option for people centred development" on 7 and 8 March 2019. The workshop aimed to share the experiences and challenges for Civil Society Organisation in present three level structure of Nepal government. The program was organised in the presence of his excellence ambassador for Germany Embassy, representatives from FriEnt, Nepal-Dialogforum and all the its partners. Delegates from different organisations and government bodies were assigned as a guest speaker who shared their expertise about CSO and federal structure of Nepal Government. Different parallel sessions was organised where SAHAS Nepal shared its experience on "Community mobilisation and empowerment in local level federal structures of Nepal". The workshop was exceedingly productive as it intensified understanding about CSO opportunities and challenges as well gave a way forward for development cooperation in line with Nepal Government.

## Project Kick Off and Staff Recruitment for Breaking the Bond (BtB) Project

SAHAS Nepal in collaboration with STREET CHILD of Nepal is implementing a project entitled Breaking the Bond (BtB) in Dhanusa, Mahottari and Siraha districts focusing on 3650 Musahar girls aged between 15-18. The project focuses on education and improved literacy rates, sustainable transitions into employment through vocational training and livelihood skills training. Recently, Breaking the Bond project has recruited respective staffs (Two Project officers, 40 Community Advisors and One Admin and Finance Officer) for the smooth project implementation.

## Meeting with Bread for the world (BfdW) and Rosie May Foundation

Dr. Surendra Kumar Shrestha, Executive Director of SAHAS Nepal attended the meeting with different funding partners like BfdW, SODI, Nepalteam in Germany and Rosie May Foundation and Street Child in United Kingdom. The major agenda of the meeting was to discuss about the progress of the current projects and numerous future opportunities for development cooperation. Dr. Shrestha is continuously engaged in international and national level for networking cum linkage for the development cooperation and brings positive changes in the communities in Nepal.

## Fransiska visit in SAHAS Central Office



Fransiska Hoffman, BfdW and Mohini Chaudhary, FMSF visited SAHAS Nepal on 21 March, 2019. The main purpose of the visit was to know about the progress made by the project so far and to develop future plan in order to meet project objectives and goals. The meeting was fruitful as it provided the future insights in order to meet project objectives and goals.

## Best Practices

### Crack Pot Analysis:



Crack pot analysis is the one of the simplest form of analysis of one's income and expenditure which helps to internalise the real picture of financial status. The interpretation of the crack pot is extremely simple; from the mouth of the pot all the income source along with the estimated amount is recorded and from the bottom all the different expenditure sources are recorded. The final picture portrays where the expenditure is expended the most and where the unnecessary expenses can be minimised for the savings. This technique is practised among the groups and they discuss how to minimise the expenditure and increase the savings for the future.



## Case Study

### ICS helped to relief from Kitchen torture



Man Kumari Shrestha-45 and her daughter Menuka-20, used to cook food for four membered family in their traditional cooking stove burning the fuel wood collected from the forest that is two hours far from their house. They used to walk hours to forest just to collect the firewood. Eyes used to tear because of the smoke and their excessive time was spent to collect fuel wood and cooking food. They hardly get time beyond the household purposes. Four hundred families of the community had similar story as Ms. Shrestha. Thanks to SAHAS Nepal, which supported to construct Improved cooking stoves (ICS) with air supply dish to get relief from the kitchen torture. The newly installed ICS not only reduced indoor smoke, also saved an hour time a day and more than 50% of fuel wood consumption for same cooking amount.



**Traditional stove**

SAHAS Nepal supported to construct ICS for 120 families associated with Kopila community forestry user group of Katari municipality-4, aiming to conserve the forest and to make easy cooking for the community. Ms. Shrestha was one among them. She learnt about the ICS and its contribution for the forest conservation and climate change mitigation. Her hectic and very busy schedule of day because of cooking and fuel wood collection is now turned. Now, she spends good time with family and engaged in the social works for the community development. She expressed, 'ICS not only made my life easy, but will certainly help to mitigate climate

change through forest conservation." In addition, forest are also conserved. ICS helped in the family as well as in the entire community level.



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